



Ask Sr. Ruth ”Sexy Smarts”

June 2008

Sr. Ruth

Sister Ruth is a nursing sister with over 10 years of experience working in the field of sexual health education. She teaches in schools, facilitates workshops for adults and writes about sexual health issues. Visit her website: www.sisterruth.co.za

FEEDBACK ON TOPIC OF THE MONTH – read ‘Your Wordz’ below

“Dating Expectations – Girlz vs. Guys”

In my workshops guys and girls agree that having fun, communication and sexual touch are things they expect in a dating relationship. These 3 things are important so here are a few tips.

1. **Fun!** Having fun together enriches relationships. We all ‘play’ in different ways. Relationships that are boring and stuck are often bogged down in ‘un-fun’! Be creative and do new things together. You learn a lot about someone by seeing how they ‘play’ and who they ‘play with!’
2. **Belonging.** As human beings we have a deep need to belong – to be loved. Relationships, including dating, provide a space to learn about ourselves and others through communication and doing things together. We need to live through break ups and relational changes to learn these life ‘skills’. There are no short cuts to personal and relational growth! If a relationship breaks up, allow some time to recover and reflect on what you learnt from the experience before charging into a rebound relationship.
3. **Safe places for sexy touch – “Terms and conditions apply”.** Talk about what touch is OK and remember that at any point, if one person says, “No”, the activity needs to stop straight away. Communicate about what kinds of outer body sexy touch feel good e.g. “I love the way you kiss my neck”. This can pave the way for better communication about sexual intercourse. Penetrative sex must always have your full permission and every act protected against disease and pregnancy. Dr. Eve says, “No glove, no love!”

Do you need a question about sex / sexuality answered?

Post it on Sr. Ruth’s website: www.sisterruth.co.za

Q&A - Masturbation

"Is masturbation a bad habit?"

"I've tried masturbation, but I don't think I'm doing it right, How do you do it?"

Masturbation refers to stroking, rubbing the genital areas for pleasure – sometimes called 'wanking', 'jerking off', 'fingering'. Women and men masturbate and it is a very good way of learning about how your body responds to sexual touch. There are no 'right or wrong' ways to self-pleasure. Take personal time to relax, get in the mood and focus on what feels good. The skin is the largest sex organ so include all over touch and stroking as well as stimulation of the genitals. Imagine yourself with your partner and visualise the scene, what you would say and do. All the senses, together with the mind create this sensual experience. Some people will not feel the desire to masturbate or will choose not to.

Mutual masturbation ('fingering', "handjob") is masturbation with a partner and provided there is no exchange of body fluids, is the lowest disease / pregnancy risk partner sexual activity.

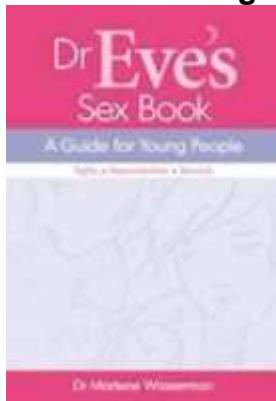
"Fact or Fiction": Heard something weird? Debunk myths! Acting on incorrect information is dangerous for your health!

"I heard that masturbation make your penis bigger, is this true?"

"Can too much masturbation be harmful?"

No. Penis size, shape and 'angle of the dangle' differ widely! Masturbation does not affect penis size. Masturbation is not harmful and people differ widely on how often they masturbate. I think that any activity that becomes compulsive or obsessive should be reassessed.

Dr. Eve's book goes into detail on various aspects of masturbation.



BOOK REVIEW: Dr. Eve's Sex Book – A Guide for Young People.

Dr. Marlene Wasserman has written a very comprehensive book on sexuality and this includes gobs of good information on love, dating, physical issues, personal sexual 'exploration', communication ideas and lots more. Get your copy from Exclusive Books or online at www.loot.co.za

"Cyber-clinic": Medical questions about sexual and reproductive health.

"I used the morning-after pill after unprotected sex 10 days ago and still haven't seen my period. Am I pregnant?"

Emergency Contraception (EC), sometimes called the 'morning after' pill, can be used up to 3 days after unprotected sex or if a condom slips / breaks.

Most women will see their period around the time it was expected or a little earlier or later. Taking EC doesn't cause a period to start but there may be a little irregular bleeding with some women. If the expected period does not occur within 3 weeks of taking EC it is advisable to do a pregnancy test.

“Hot Debates” – Have your say!

What are girls and guys saying to each other about sexuality and relationships? Air your views by posting your response to the topic of the month at www.sisterruth.co.za. View other comments on www.girlzmagazine.co.za

TOPIC: “Skanti-fied!”

“If a guy kisses 5 girls, he is regarded as ‘cool’ or a ‘player’. If a girl kisses 5 guys, she is called a ‘slut’ or ‘skanky’.”

What behaviours are regarded as ‘slutty’ or ‘skanky’? Why do you think that girls get these labels and not guys? Are there any labels that guys get? Is Facebook influencing social sexual dialogue in negative ways or positive ways? How can these negative double messages be changed?

YOUR WORDZ ABOUT “DATING EXPECTATIONS”

“Serious relationships aren't always good, especially with teens. And most likely these days we all know what most teens want, sex. They feel the need that if they have sex they'll fit in and their friends will think better of them, but how does that help a relationship? It doesn't really, if anything it makes the bond between those two begin to break.”

“In a relationship, I really just like to have somebody to be able to talk to. I also like them to be able to talk to me. Fun is definitely important and boredom will only cause tension in the end. To me, trust is the most important factor.”

“Well I think dating when you are a teen is just for fun, there shouldnt be any expectations. it shouldnt be taken too seriously, you have your whole life for seriousness, have fun when you are young. this doesnt mean cheat...just dont rush into engagement or something.”

Lighter Side of Sex: “Be Sure to Carry Your Lantern”

Pappy sees Elmer walking with a lantern and asks, "Where ya going boy?"

The son smiled and replied, "I'm a-going courting Peggy-Sue."

The Father said, "When I went a-courtin', I didn't need me no dang lantern."

"Sure Pa, I know." the boy said. "And look what you got!"

Web Resources:

SA Sexual Health Association: www.sexualhealth.co.za

Sexual Information: www.siecus.org / www.sxetc.com

Fun Quizzes and Interviews: www.sexualityandu.ca Click on “Teens”

Sr. Ruth: www.sisterruth.co.za

Dr. Eve: www.dreve.co.za

Sexual and Reproductive Health Services:

DISA Health Centre: 011-7871222 or visit www.safersex.co.za